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For employee publications, and individuals
and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE
Commodity Credit Corporation
Office of Supply

Production and Marketing Administration

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FOOD NEWS

Your money's worth in health protective foods will be found on cafeteria counters this month. Read about 'em....and eat 'em.

They include oranges, cabbage, eggs, white potatoes, tom turkeys, carrots, grapefruit, rolled oats and lettuce.

At the plant and at home you will find these foods offered in many appetizing ways. Remember, health protective foods help keep you on your toes throughout the work day, with pep to spare for your leisure hours. Choose them for breakfast, lunch and dinner.

VITAMIN C FOR FITNESS

Vitamin C helps maintain the healthy condition of the gums, the teeth and the body tissue. It has long been known as the anti-scurvy vitamin. Oranges and other citrus fruit are our best sources of Vitamin C.

Cabbage and potatoes, if prepared properly and eaten liberally, also contribute a considerable amount of the daily requirement of Vitamin C.

The English learned the value of Vitamin C during six long years of war. Unlike America, England must import much of her food from overseas. Not an orange, a grapefruit nor a lemon is grown on the tight little island.

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English doctors and dietitians encouraged the Ministry of Food to protect the health of children and mothers by importing oranges and concentrated orange juice from us and from neutral orange-growing countries during the war.

A recent report published in the British Medical Journal discusses the improvement in the teeth of London school children between 1929 and 1943. These children were given free milk and citrus fruit, along with other Vitamin C potent fruits, such as black currants and juice made from rose hips.

Here's what the report shows: (1) 19 percent of the children examined in 1943 had perfect teeth, compared with 8 percent in 1929; (2) 33 percent in 1943 had very defective teeth, compared with 58 percent in 1929; (3) 22 percent had no decayed teeth in 1943; only 5 percent had none in 1929.

This report was taken from British Medical Journal Volume I, 1944, page 837 "The Improved Dentition of 5-year-old School Children: A comparison Between 1929 and 1943," by Mellanby and Coumoulos.

ARE VITAMIN C SUPPLEMENTS NECESSARY?

A study conducted at Harvard University's Fatigue Laboratory indicates that if you get your daily requirement from the foods you eat, there should be no need for taking extra Vitamin C in the form of capsules, unless prescribed by your doctor.

That should drive home a lesson. Include citrus fruit or tomato, raw cabbage or green salad and a serving of potatoes in your diet every day. Then you're pretty sure of getting from your food your quota of Vitamin C.

HEALTH NOTES

We repeat: Eat a better breakfast. February's foods-of-the-month, such as oranges, eggs and rolled oats, go a long way toward making a good breakfast combination.

Add milk with the cereal, enriched or whole-wheat toast or rolls with butter or fortified margarine and a beverage. There's a breakfast that will carry you through without fatigue till lunchtime.

Remember to take a liberal portion of citrus fruit for Vitamin C.... 4 ounces or more of orange or grapefruit juice...a whole orange....or a half grapefruit.

TAKE A LEAF OUT OF THE KID'S SCHOOL BOOK

Dr. Edwin R. Van Kleek, Director of School Lunch Program for New York State Department of Education, recently made the following statement:

"The State Education Department regards the School Lunch Program as a means to an end. That end is better nutrition...Where children are fed better, their nutritional status improves. Where their nutrition status improves their general health improves."

The very same principle applies to adults. Industrial workers can help to improve their nutritional status and hence their general health by eating at least one well-balanced meal at the plant each day.

Dr. Van Kleek made another point which will be of interest to industrial workers. Many of the lunch boxes brought from home are nutritionally inadequate, despite parent education.

If an adequate breakfast and well-balanced supper are not eaten at home, what chance does a child or an adult have for good health? The answer: A very slim chance indeed.

TAKE HOME IDEAS

(1) Potatoes are a source of Vitamin C when they're properly cooked. Careless cooking or long standing destroys an appreciable amount of their Vitamin C content.

To retain the maximum amount of Vitamin C, steam potatoes whole in their jackets. A generous helping of potatoes cooked that way will provide one-fifth of the daily allowance of Vitamin C. Baking is another good method.

(2) Raw cabbage contains more Vitamin C than cooked, so eat it liberally in salads and in slaw. When properly cooked, one-half to three-fourths of a cup of cabbage will furnish one-fourth of the daily requirement of Vitamin C.

If it's over-cooked or if it stands in cooking water for an hour or more, large amounts of the Vitamin C are destroyed and much of the mineral content is lost in the cooking liquid.

(3) Don't store canned citrus fruit juices at room temperature or above if you want to guard the Vitamin C. Keep them in the refrigerator, if possible. Research findings indicate that when canned citrus fruit juice is stored at room temperature, the loss of Vitamin C is rapid.

FOOD ON THE JOB HERE AND THERE

Peach Glen, Pennsylvania, is a rural community where a food processing company, Knouse Corporation, is located. Here the 400 workers, all drawn from the countryside around, take real pride in their new food service and justly so.

A sleek modern-in-every-detail, colorful cafeteria has replaced an inadequate canteen service which was housed in an old, tumbledown clapboard building. Many of the workers never saw a cafeteria before. It is a joy to spend a lunch hour there because the workers so obviously enjoy their new cafeteria where eating and relaxation are a real pleasure.

At the plant of the Caterpillar Tractor Company, Peoria, Illinois, 12,500 midshift meals are served every day, 6 days a week. Of the workers using the food service, 55 percent drink milk, according to Mrs. Pearl Tullett, Restaurant Division Manager.

KEEP ON SAVING THEM

While many wartime food controls have been lifted and the food outlook in general is looking much better, we still are confronted with two shortages...sugar and inedible fats and oils.

We can't do much about improving the sugar supply but we can do something about the other...KEEP ON SAVING AND TURNING IN USED KITCHEN FATS.

Imports of inedible fats and oils from the Pacific...our normal source of supply...still are small and will be for some time to come. In fact, it may be 1947 before shipments reach pre-war volume.

Meanwhile, it's up to us to help get the personal and household items we need by saving used kitchen fats. They're needed for making soap, soap powders, paints, varnishes, nylons, drugs, medicine and many, many other essential peacetime items.

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